

Yippee

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Please remember that to read this you must be a Therian, otherkin, a believer in the Therikin religion or have some other type of spiritual animal connection.

Chapter one: Introduction to Therikinism

As suggested by the name Therikinism is a separate belief from Therianthropy. Being a Therian does not mean believing in Therikinism.

Therikinism has been around for hundreds of thousands of years, being practiced by all kinds of therians. The belief revolves around the idea that all therians and animals are of the same descent and therefore should be treated the same. It also revolves around the fact that we are descendants of nature herself and the worship of mother nature.

Chapter two: Core beliefs and rules

Rule one: The limitation of ones eating of meat

Eating meat as a therian could be taken as a form of cannibalism yet as one religion alone can not stop the slaughtering of animals for meat before eating meat one must thank the animal for their sacrifice and giving its life to provide food and nutrition to our family.

Rule two: Respect to mother nature

While within mother nature Therikin religion states that you should not destroy what was put there on purpose for selfish reasons. Things that building houses or any type of settlement even just a little hut made by kids has to undergo a ritual

Rule three: Animals must be treated as equals

The hunting of animals is strictly forbidden for therians. If you know anyone who hunts animals make sure you do not touch the animal while it is in the bridge between life and death. Bones and taxidermy from ethical sources are okay

Remember to respect oneself, the animals around them and all others

Chapter three: Rituals

First off here is a guide to the rituals of the therikin religion

- Initiation
- Celebration of life
- Ritual of aging
- Ritual of eating
- Ritual of shelter building

Initiation:

When joining the religion of Therikin the person reveals their theriotype and must venture out by themselves to find a piece of territory. This will become the place where they meditate, self-reflect and can find peace. When initiation begins they must collect mud and water from this place. The water can also be rain collected from a places leaf if there is no nearby water source. This is collected and mixed together before a small portion of flour is added to get a good texture and hold it all together. A leaf of any sort is collected then filled with the mixture of mud, water and flour. It is then sealed with a rope that can disintegrate and buried for 1 hr.

When being dug up the person must bring small objects like jewelry or crystals with them when digging it up before praying with the objects all in front of them. These objects are now sacred to that person. Once finished the person puts the mud on themselves to symbolish them becoming part of nature. The Therikinism symbol is drawn with this mud on the person's chest or bottom of the neck. Once this is done they pray a second time and for the next day or two must have the trinket on them all day and near them at night. The person is now initiated. Initiation can be repeated if they feel like they are drifting too far away from the religion

Celebration of life:

A ritual at least 2 months after initiation the person must stay in their territory for 20 minutes straight then bathe their palms and wrists with water from their territory. They then may not sleep for more than 4 hrs straight without an interval of praying the next night

Ritual of aging:

Every birthday you must not eat any meat that day and pray the amount of years you turn until the age of 12 then 5 times from then on

Ritual of shelter building:

Before the house is assembled there is a person who comes to your building site and blesses both the materials and the sight. The sight is blessed with water, flowers and leaves before any building can take place, after this is done you must wait 2 days before laying any sort of foundation! The water must be gathered from a sight of rushing water.

Ritual of eating meat:

Before you eat the meat you must say thanks to mother nature for the animal's sacrifice and for feeding you. While saying thanks you must hold your hand in a paw shape on your legs.

How to pray:

- Step 1: Get your main object from initiation and hold it in one of your paws!
- Step 2: Get into a quadrobics like crouch but lower yourself so you don't have to hold yourself up.
- Step 3: Put your paws both in front of you then move one further in front than the other.
- Step 4: Move one forwards then thank mother nature for three things
- Step 5: State your prayer
- Step 6: Imagine yourself as your theriotype running then jumping into a body of water (or flying, slithering etc)
- Step 7: Move your paws back in line then stand, do not talk for the next 30secs- 1 min

Prays you can do:

"Nature, we bow before your beauty and grace, woven into every leaf, every creature, and every landscape. For the sun that warms us, the rain that nourishes us, and the soil that sustains us, we offer our deepest gratitude. May we always cherish and protect your fragile balance, honoring your gifts with love and reverence."

"Sacred essence of nature, you weave the tapestry of life with infinite diversity and harmony. Guide us in embracing your rhythms and cycles, from the budding of spring to the quiet of winter's embrace. Teach us to tread lightly upon your sacred ground and to live in unity with all beings, as stewards of your precious creation."

Chapter four: Upsides of the practise:

The practice of the religion can promote many upsides and good changes. One of the main things being that it brings you to a much deeper connection with nature than before. It can also bring more calm and a greater sense of being. The religion surrounds peacefulness and unlike some other religions takes mental health very seriously and any concerns means you can take a break from praying daily and you will be given gifts and as much help as you need. Religion can also give you a greater sense of respect for nature.

Shifting practises:

Shifting is when your brain is suspended between being human and animal. You are physically a human while mentally being an animal. Some Therians do not experience shifts and that does not make them any less valid. Shifting is normally involuntary but there can be ways to trigger both mental and physical shifts. For every individual there are different triggers but there are some common ways that you can use to try and trigger a shift. Here is a guide to the most common ways.

Common mental shift:

First you should find a place that is quiet, preferably an outside area. Shifts are always best and more successful at night.

You will want to draw the symbol of therianism on your palms and soles of feet.

To shift your brain should be at alpha frequency so at around 8-12 hertz instead of 12-21 hertz. You can achieve this by listening to Alpha frequencies on YouTube or Spotify for 5 mins beforehand. You should then go to your quiet area and sit while kneeling on the ground. You will then state:

Mother Nature bring me back
kin and brother share you mind
Say your theriotype let me share you features

Now you should imagine your theriotype you wish to shift to doing everyday things. Hunting, running, walking, drinking, doing vocals, mating, eating, jumping , flying and socializing.

Now your mind should be cleared and you should imagine yourself walking as that creature.
You should then shift not that creature.
Once you awaken again from this shift you should stretch, eat or drink before returning to your normal life.

Physical shifting:

To shift your brain should be at alpha frequency so at around 8-12 hertz instead of 12-21 hertz. You can achieve this by listening to Alpha frequencies on YouTube or Spotify for 5 mins beforehand. Make sure that the area you are in is a large area with nothing you could bang into or injure yourself with. You will then state:

Mother Nature bring me back
kin and brother share you mind
Say your theriotype let me share you features
Let me enter your mind and embody my soul
Allow me to walk as you

Now you should imagine your theriotype you wish to shift to doing everyday things. Hunting, running, walking, drinking, doing vocals, mating, eating, jumping , flying and socialising.
Get up into quadratics position and keep your eyes closed. Now you should walk around the room like that. Imagining yourself as your theriotype. You will then shift.

Warning!

This can lead to:

- Disorientation
- Sweating
- Muscle soreness
- Panic attacks (When you have shifted if you realise where you are this can cause panic as your brain is one of an animal and you will be in an unfamiliar or un-natural environment)
- Increased species disforia

Something that induces shifts for flying animals is going in a pool or ocean as the zero gravity feel can simulate flying. Please remember not to keep your eyes closed when in the ocean or a lake, only in a pool or safe environment.

Also remember never to shift with a uniformed person in the room.

The elements

Therians have a deep connection with the elements of the earth. Here are some rituals you can do to connect with different ones:

Earth Ritual: Create a sacred connection by walking barefoot on natural ground, meditating with stones or crystals, or planting something in a special spot dedicated to your theriotype.

Water Ritual: Use water to cleanse, connect, and rejuvenate. Swim or bathe in natural waters, and get blessed water to splash on yourself or your territory.

Fire Ritual: Safely light a candle or small fire to symbolize transformation, energy, and passion. Fire rituals may include dancing, chanting, or reflective meditation around a safe flame.

Air Ritual: Engage with the air element by focusing on breathwork, wind chimes, or letting the wind touch your skin. Express gratitude for each breath and the freedom of movement it provides.

Celebrations and festivals:

1. The Gathering of the Clans

Date: Autumn Equinox (September 22-23)

Traditions on this day:

- Therian/s gather in their sacred spaces or a chosen communal area in nature to celebrate the balance of day and night.
- Each person wears a representation of their theriotype, such as masks, tails, or symbolic jewelry.
- Feasting on seasonal foods and vegetarian dishes to honor the harvest.
- Vocals are often part of the day
- Presents made of natural elements are often gifted between family and friends

2. Night of the Full Moon Hunt

Date: First full moon of the year

Traditions on this day:

- A night of fasting and silence to connect deeply with one's theriotype.
- Participants engage in a ritual chase or game to mimic the hunt, but without harm; symbolic prey like crafted animal figures or natural objects are used.
- Meditations or guided shifts occur under the moonlight to strengthen the spiritual bond with the animal self.

3. Day of Earth's Embrace

Date: Christmas (December 25)

Traditions on this day:

- Each Therikin believer will pray at 7.00am for 2 minutes
- Gifts are given
- A pawprint is drawn on your hands and feet
- Splashed with blessed water
- Common Christmas celebrations are still used as well

4. Rite of Spring Awakening

Date: Spring Equinox (March 20-21)

Traditions on this day:

- Each Therian plants a seed representing renewal and personal growth.
- Ceremonial washing of hands and feet in a natural water source to cleanse and welcome new beginnings.
- Sharing of songs, dances, or poetry that celebrate nature's rebirth.

5. The Great Migration Festival

Date: Mid-May

Traditions on this day:

- A symbolic walk or journey to represent the migrations of animals.
- Participants carry small tokens, like feathers, stones, or bones, to represent the connection to their theriotype's journey.
- Sharing a meal at the journey's end to symbolize reaching a safe haven.

6. The Day of Quiet Paws

Date: Winter Solstice (December 21-22)

Traditions on this day:

- A day of silence and reflection, focusing on the inner animal spirit and the quiet of winter.
- Lighting of candles or small fires in gratitude for warmth and light during the darkest day of the year.
- Each Therian writes down a wish or intention for the coming year and buries it in the earth or leaves it under a tree.

7. Feast of the Ancestors

Date: November 1 (Day after Halloween)

Traditions on this day:

- A table is set with offerings of food, candles, and mementos to honor both human and animal ancestors.
- Stories and memories of past therians or beloved animals are shared around the fire.
- Ritual dances or movements are performed to connect with ancestral spirits.
- Markings are made all over the body with dirt

8. The Festival of Shifting Tides

Date: Summer Solstice (June 21)

Traditions on this day:

- Participants gather at a body of water, such as a river, lake, or ocean, to celebrate the longest day of the year.
- Ceremonial swims, paddle rituals, or simply wading in the water to feel the connection with aquatic life and the sun's energy.
- Building small sand or rock sculptures to leave as temporary offerings to nature.

9. The Ritual of the First Hunt

Date: September 11

Traditions on this day:

- While no animals are harmed, participants mimic ancient hunting rituals through games or symbolic chases.
- A communal feast follows, consisting mainly of plant-based foods, honoring the energy of the hunter without actual hunting.
- Therians craft small tools, like arrows or traps, as a nod to ancestral practices, using only biodegradable or natural materials.
- Water from sacred places of running water is collected and blessed a day or two before to be then splashed over the person then around the house or living area to protect it from harm
- Gifts are given around, normal a simple carving into wood

10. Moonless Night of Reflection

Date: New Moon of November (November 1st)

Traditions on this day:

- A night spent outdoors, ideally in complete darkness, to reflect on the unseen aspects of life and personal shadows.
- Journaling, silent meditation, or self-guided shifts are encouraged during this time.
- Participants make a list of things they wish to let go of, which is then burned, buried, or cast into a stream as a symbolic release.

Offerings:

Offerings: Offerings are a way to connect and show gratitude to nature. They can include flowers, stones, feathers, or any natural item that holds significance. It's crucial that offerings are collected respectfully and not taken from endangered or protected species.

Blessings: Blessings can be performed on personal items, food, or spaces. This typically involves a short prayer, a sprinkling of water, or the placing of natural objects to imbue the item or space with positive energy and respect for nature.

Offerings can vary a lot and there is no such thing as a perfect offering. Offerings mainly consist of these following things:

- A trinket from nature, so a cool rock shell etc
- Blessed water
- Dirt from your territory
- Flowers and leaves
- Small pieces of nature foods eg nuts, berries and honey

How to bless water:

First collect the water from a running water source or waterfall of any size. Make sure the water is natural not sewage. You must then pray for Mother Nature to bless the water. It is very simple but important in most celebrations.

Animal symbolism:

The Theriotype is an important part of one's identity and is used as a symbol for being yourself and connection to nature. Wearing a necklace or other piece of jewellery is a good way to feel connected to your theriotype. Another way is, of course, wearing a tail, antlers, paws, wings etc that resemble your theriotype. This should only be done in a safe environment where you know you will not be hurt, mentally or physically, by others for wearing them. Each animal carries unique symbolism that reflects traits, wisdom, and energy. For example, wolves symbolize loyalty and instincts, eagles represent freedom and perspective, and snakes embody transformation and rebirth. Understanding these symbols can deepen your connection with your theriotype and help guide your spiritual practice.

As we reach the end of this sacred text, remember that Therikinism is not just a belief system but a journey—a continuous path of connecting deeper with nature, honoring our spiritual animal selves, and respecting the balance of all life. This journey is yours to define, guided by the ancient whispers of nature and the wild spirit within. As you walk this path, may you always find solace in the forest, strength in the mountains, wisdom in the waters, and freedom in the skies. Remember: you are never alone; you are a part of something wild, sacred, and beautifully eternal.